

# Drugs, Alcohol

and

# HIV/AIDS

## A Consumer Guide for African Americans



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment  
[www.samhsa.gov](http://www.samhsa.gov)

# Drugs & Alcohol

## What do drugs and alcohol have to do with HIV?

Drug and alcohol use can lead to risky behaviors that can increase your exposure to HIV/AIDS. For example, using or sharing drug materials, like needles or cotton, increases your chances of becoming infected with HIV.

## What if I already have HIV?

There are different types of HIV, called strains. Even if you are already infected with one strain of the virus, using alcohol or other drugs puts you at risk of being infected with a different one. Medications that you might be taking to treat one strain of the infection may not be effective on another strain. If you are pregnant, you could even infect your unborn baby.

## What if I can't stop using drugs or alcohol?

Don't be afraid or ashamed to ask for help. Call the Drug and Alcohol Treatment Hotline (1-800-662-HELP [4357]) for help in getting treatment. It can be your first step toward recovery.

If you decide to get drug or alcohol treatment in addition to HIV treatment, let your current doctor know. He or she can work with your drug or alcohol treatment provider to make sure the two types of treatment work together.

### ***Did you know?***

**In 2004, African Americans represented—**

- **49 percent of all people living with AIDS in the United States**
- **50 percent of all estimated new HIV infections**
- **Nearly two-thirds of all estimated new infections among women**

**Injection drug use is the 2nd leading cause of HIV infection for African American women and the 3rd leading cause of infection for African American men.**

Source: Centers for Disease Control and Prevention, February 2006

# HIV/AIDS



***African Americans now account for about half of all new HIV infections in the United States, and nearly two-thirds of all cases among women.***



## **What if I can't handle all of this alone?**

Don't worry, you don't have to do it alone. Listed on the back of this brochure are hotlines and Web sites that can help you locate a support group, good health care, the treatment you need, and even a place to live if you need one. Call the toll-free number or visit the Web site of your choice today. It could positively change your whole life. There are people who really care about what happens with you.

# You are not alone. Help is available.

## Call These Toll-Free 24-Hour Phone Numbers

### Drug and Alcohol Treatment Hotline

1-800-662-HELP (4357)

### National AIDS Hotline

1-800-342-AIDS (2437)

### Homeless Assistance Hotline

1-800-HUD (483)-1010

## Or Visit These Web Sites

Substance Abuse Treatment Facility Locator  
**[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)**

Office of Minority Health Resource Center  
Minority HIV/AIDS Initiative  
**[www.omhrc.gov](http://www.omhrc.gov)**

Centers for Disease Control and Prevention  
**[www.cdc.gov/hiv/dhap.htm](http://www.cdc.gov/hiv/dhap.htm)**

National Minority AIDS Council  
**[www.nmac.org](http://www.nmac.org)**

Black Women's Health Network  
**[www.blackwomenshealth.com](http://www.blackwomenshealth.com)**

The Black Church HIV/AIDS Network  
**[www.balmingilead.org/pams/map.asp](http://www.balmingilead.org/pams/map.asp)**

Or check the box below to see if a treatment center near you has listed its address and/or phone number.



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This brochure was created to accompany the publication *Substance Abuse Treatment for Persons With HIV/AIDS*, #37 in CSAT's Treatment Improvement Protocol (TIP) Series. The TIP series and its affiliated products are available for free from SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI). Call 1-800-729-6686 or 1-800-487-4889 TDD (for the hearing impaired), or visit [www.csat.samhsa.gov](http://www.csat.samhsa.gov).

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